



Active Start Session 1 U6

Category: Technical: Dribbling and RWB

Difficulty: Beginner

Am-Club: Oakville Soccer Club
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Follow The leader (10 mins)

Organization

- All Activity within 3v3 field

Activity

- Players in pairs
- Players are numbered 1 and 2
- Number 1 leads number 2 around the area. As they move around the area the Number 1 does different actions (Jog, jump, sprint, sideways, backwards) Number 2 follows the actions.
- Switch Number 1 and 2 after a short period to have Number 2 lead the activity and the movements

Progression

- Each player now has a ball and the leading player performs different skills with the ball that the following player has to attempt to copy
- Give the players a couple of ideas but also encourage creativity

Coaches Emphasis

- FUN
- Creativity
- Keep the ball tight
- Players switch partners
- Both of the players have the ball and the player with the pinnie must now attempt to hit their partners ball with theirs before switching the pinnie. The ball cannot not be hit from more than 5 yards away.

Phase 2

- Players remain in pairs, one player has a pinnie tucked in the side of their shorts and a ball, the other player has no ball or pinnie
- The player with the ball must dribble with the same side foot that they have the pinnie tucked in to, the defender will attempt to steal the pinnie.
- If the pinnie is stolen the players will then switch roles
- The player without the pinnie at the end of the time will complete 10 Jumping Jacks



Dribbling Square (10 mins)

Organization

- All players in a 30 x 30 area
- All players have a ball

Activity

- Players begin by dribbling around the area completing any skills and touches they like as long as the ball stays on the ground.
- To progress the drill the players will now react to the coaches raise of a pinnie
- Each colour pinnie that the coach raises will represent a number that the group has to then get into
- e.g - Yellow = 5, green = 4
- Inbetween ask the players to work different ball manipulations

Progression

- The colours mean the same however once the players have got into groups of those sizes, they then must create a shape with that amount of sides. Keep this simple, restrict to 5/6 as the limit

Coaches Emphasis



Square Turns (10 mins)

Organization

- Players split between the 4 corners of the square
- Anything over 3 players at each cone then create a new square
- Square is 20 x 20
- One cone set in in the centre of the area

Activity

- The players manipulate the ball in different ways to get in to the centre square
- Insides, toe taps, sole roll, inside outside,
- Work each manipulation for 2 minutes

Progression

- Players dribble with laces touches in to the middle cone before performing a turn at the cone
- Inside/Outside hook, drag back inside, drag back outside, Cruyff, Stepoover, Fake pass
- Work each turn for 2 mins

Coaches Emphasis

- Soft Tight touches on the way to the cone
- Technique in the turn, bend knees, explode out, fake first movement
- Accelerate away

